

Sermon Series: “*Resolving Anger*”, part 1

Message Summary: Anger is something that affects us to one degree or another. It’s a reaction to an emotional irritation. Anger can simply come along out of being treated unfairly. Unfair humiliation comes our way. Sometimes it comes through physical humiliation or emotional humiliation. Your mind just screams out... “I’ll get even...You’ll get yours.” But, when we talk to God we feel Him near us, calming us down. Recognizing how we speak up from the depth of our heart will bring about a real change in us that will affect change in the world.

What Do You Say to an Angry Friend? Genesis 4:1-10

1. Anger is FUTILE vv.6,7

A. It prevents you from problem solving. James 1:19, 20

2. Anger is FOOLISH v.8

A. It makes you justify sinning. Proverbs 14:17

3. Anger is FORBIDDEN vv.9,10

A. It distorts the freedom to express your true heart.
Colossians 3:8, Ephesians 4:31, Ephesians 4:26,27

LifeGroup Questions:

BEGIN IT – (5min) Sing praise to the Lord & pray that God leads the study.

OPEN IT- (10min) When are you most likely to lose your temper?

EXPLORE IT- (60min) Read Genesis 4:1-10 and review Sunday’s sermon outline together and add addition notes people made about the message.

1. In vv.6,7 why do you think God was not able to help Cain understand the warning during their conversation?
2. What is the relationship between anger and righteous living?
3. From James 1:19 what would you say is a good balance between, speaking, listening, and anger?
4. What is one truth you’ve discovered during your LifeGroup discussion about resolving anger?

APPLY IT- (15min) In what situations this week will you need to curb your anger? How can you?